

My Coping Skills

Write these down NOW. You won't think of them when you actually need them.

A coping skill is anything healthy (not illegal, not destructive) that helps you feel better or get through a hard moment. They don't have to be fancy. The goal is to have a list long enough that something on it will work.

My HALT Check

Before I pick up, I check: **Hungry? Angry? Lonely? Tired?** Address the real need first.

My Coping Skills List

When I'm anxious or overwhelmed:

When I'm angry:

When I'm lonely or isolated:

When I'm craving:

When I'm bored:

Anytime — these always help:

My Emergency Plan

If I feel like I am about to use, the first thing I do is:

The first person I call is: _____ Phone: _____

If I can't reach them I call: _____ Phone: _____

My nearest meeting is: _____